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DIGITAL NOURISHMENT: USING AI FOR COMMUNITY HEALTH OUTREACH
SELECTED RESOURCES AND REFERENCES

2024 Innovations in Nutrition Synergy Summit: Bridging Ideas and Innovation

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ISU Extension and Outreach | Professional Development | <https://go.iastate.edu/5YNYAE>

Prompts for AI Tools:

- Be specific.
- Provide context.
- Talk like you are having a conversation.
- Ask the AI to justify its response. Why? What evidence? Cite your sources.

Process:

- Step 1: Role – You are a(n)
 - Agronomist
 - Extension specialist
 - Nutrition Director
- Step 2: Task– Please create a(n)
 - List
 - Lesson plan
 - Video script
 - Cheat sheet
 - Sample email
 - Presentation outline
- Step 3: Requirements – May involve multiple steps
 - Make the questions open-ended to encourage conversation.
 - Use more specific examples.
 - Write it for an 8th grade reading level.
 - Use a friendlier tone.
- Step 4: Output – format or end product
 - Put the information into simple bullet points.
 - Create a graph with the information.
 - Make a slide deck.

Prompt Writing

Role (Act as)	Task (Create a)	Requirements (Be sure to)	Output (Turn into)
Instructor	Lesson	Include	Plain text
Learning designer	Summary	Exclude	Bulleted list
Researcher	Blog draft	Number	Concept map
Project manager	Book outline	Length	Table
Committee chair	Proposal	Steps	Spreadsheet
Facilitator	Video script	Level	Graph
Presenter	Email	Tone	Slides
Author	Recommendation letter		Code

Put it to Practice

By using the table above input a message into AI for something that you are working on this week.

Example:

I am a Nutrition Director in a small community, and I need a news release intended to recruit new volunteers or a letter to a local official to garner support for the home delivered meals program.

What AI generated:

Certainly! Below is a draft of a news release and a letter to a local official that you can use for either recruiting new volunteers or seeking support for a home-delivered meals program.

News Release to Recruit Volunteers for Home-Delivered Meals Program

FOR IMMEDIATE RELEASE

Contact:

[Your Name]

Nutrition Director

[Community Name]

Phone: [Your Phone Number]

Email: [Your Email Address]

Website: [Website URL]

Community Seeks Volunteers for Home-Delivered Meals Program

[Community Name], [Date] – The [Home Delivered Meals Program] in [Community Name] is seeking compassionate and dedicated volunteers to help deliver nutritious meals to homebound seniors and individuals in need within our community. This vital program ensures that those who are unable to leave their homes still have access to healthy, balanced meals, providing both nourishment and a sense of connection. “As a small community, we rely heavily on the support of volunteers to keep this program running,” said [Your Name], Nutrition Director. “Volunteers are the heart of the program, and without their help, we wouldn’t be able to reach those who need us the most.”

Volunteers are needed to assist with meal delivery routes, providing friendly check-ins for recipients, and ensuring that no one in the community is left without the support they deserve. Volunteering requires only a few hours per week, and the rewards are immeasurable, offering volunteers the opportunity to make a tangible difference in someone’s life.

How to Get Involved:

To sign up to volunteer, or for more information about the program, please contact [Your Name] at [Phone Number] or [Email Address]. We also welcome monetary donations to help sustain the program’s efforts. We look forward to welcoming new volunteers and together, continuing to build a stronger, more connected community.

About [Home Delivered Meals Program]

The [Home Delivered Meals Program] is a local initiative dedicated to delivering nutritious, hot meals to seniors and individuals with limited mobility or health conditions. The program not only helps ensure that those in need receive proper nutrition but also provides them with vital social connections that combat isolation.

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Letter to Local Official Seeking Support for Home-Delivered Meals Program

[Date]

[Name of Official]

[Title]

[Address of Official]

[City, State, Zip]

Dear [Official's Name],

I hope this letter finds you well. I am writing to bring to your attention the ongoing need for support for the Home Delivered Meals Program in our community, which provides essential services to our homebound seniors and individuals with disabilities. As the Nutrition Director for [Community Name], I have seen firsthand the profound impact this program has on improving the lives of some of our most vulnerable residents. Our program is entirely volunteer-driven and relies on the generosity of local individuals to deliver hot, nutritious meals to those who are unable to leave their homes. Volunteers also offer a friendly check-in, reducing social isolation and helping ensure that recipients' well-being is monitored. However, despite the efforts of our dedicated volunteers, we continue to face challenges with increasing demand and limited resources.

I am reaching out to ask for your support in either expanding community awareness of the program or exploring potential funding opportunities to help ensure we can continue to meet the growing needs of our community. Specifically, support could include:

- Helping raise awareness and encouraging volunteer sign-ups.
- Providing funding or resources for meal preparation and delivery costs.
- Facilitating partnerships with local businesses, schools, or organizations to strengthen the program.

We believe that with your leadership and support, we can continue to make a meaningful difference in the lives of those who depend on this vital service. I would appreciate the opportunity to meet with you to discuss potential ways you could assist the program and help ensure its continued success.

Thank you for your time and consideration. I look forward to hearing from you soon.

Sincerely,

[Your Name]

Nutrition Director

[Community Name]

Phone: [Your Phone Number]

Email: [Your Email Address]

Feel free to modify the names, dates, and other details to suit your specific needs. These templates are intended to both engage the community in volunteering and foster positive relationships with local officials to ensure continued support for your program.

Generative AI Tools

Microsoft Copilot	Text, images
Open AI ChatGPT / DALL-E	Text, images
Midjourney	Images
Google Gemini	Text, images
Anthropic Claude	Text
Perplexity	Text

Prompting Tips

- [RACE](#) – Role, Action, Context, Execute
- [CRAFT](#) – Context, Role, Audience, Format, Task and Tone
- [Power Questions](#)- Prime, Augment, Refresh, Evaluate
- Prompt Libraries: [Alchemy](#), [AI for Work](#) (Dietitian [sample](#))

Other AI to Try

- [Glasp](#) (curation and sharing)
- [Figma Figjam](#) (whiteboard)
- [Asterix Writer](#) (assist with writing)
- [Unscreen](#) (remove video background)
- [ChefGPT](#) (create recipes, meal planning)
- [Goblin Tools](#) (To Do lists and Magic Chef)
- [Adobe Express](#) (graphic design)
- [Canva](#) (graphic design and presentation tool)
- [Elicit](#) (analyze research papers)
- [Research Rabbit](#) (find related research)

Safe Tech Use

- [Security Basics for AI](#) (University of Iowa)
- [Responsible Use of AI](#) (Harvard Business Review)

Resources

- [Resource for image generators](#)
- [Padlet with AI resources](#)
- [List of AI tools](#)
- GenAI for Local [Governments](#) – important considerations for AI use

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